

IN THE SPECIFICATION

Please amend the specification as follows:

Replace the two paragraphs at page 20, line 21 through 30 with the following two paragraphs:

“According to very preferred embodiments the foam comprises a rheology modified or coupled in-reactor propylene impact copolymer and has a density in the range of 50 kg/m^3 or less, and preferably 40 kg/m^3 or less, and has an Asker-C hardness of ≤ 35 and more preferably ≤ 30 , as measured in the extrusion direction.

According to another very preferred embodiment, the foams of the present invention comprises a rheology modified or coupled in-reactor propylene impact copolymer and has a density in the range of 50 kg/m^3 or less, and preferably 40 kg/m^3 or less, and preferably has a Compression Strength as determined according to ASTM 3575 measured in the extrusion direction (in kPa (pounds per square inch, psi) for 25% compression) of $\leq 103 \text{ kPa}$ (15 psi), more preferably $\leq 83 \text{ kPa}$ (12 psi).“